I-RECOVERY KERNEL

# IPROTOKOLO YOKUVALWA KWEMVELISO: 3-MMC

## 3-Methylmethcathinone (Metaphedrone) — Ukutshabalalisa Okungqatshelwayo, Isimo SeSex Enokusetyenziswa Kweenyawo, kunye nePolypharmacy.

*Le gidi ekhoyo kuba ukutya okuninzi, hhayi ukunyamalala, yindlela enobungozi obukhulu.*

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**⚠ IMISEBENZI YOKUNCIPHISA UMTHINTEKO—AYIZUKO UKULUNGISWA KWEMIDLALO | Ngexesha lentlungu: shayela u-112 okanye uthethe ku-0800 567 567.**

Ukutsalaliswa kwe-3-MMC, ngokwayo, akuyona into eyingozi kakhulu ekupheliseni ukusetyenziswa. Into eyingozi ngokuqala kokusetyenziswa—umjikelo omnani omfutshane osenza ukuba kufuneke usetyenzwe kwakhona emizuzwini engama-30 ukuya kwangama-60, rhoqo kangangeyure yodwa okanye ezimbini, kunokukhuluza ngokomileyo kweentliziyo kwaye akukho ndlela yokuyeka ngendalo. Le ncwadi ilungiswa ngokuqheba le nto: ukwenza ukuphuma kwemjikelo omnani ngokupheleleyo nangobubele, ukuwaqonda amatyala aphantsi, kwaye—ngokuba ukusetyenziswa kwe-3-MMC kuninzi ixhomekeke kwenye into—ukuqinisa umfanekiso wokuhlanganiswa kwemithiyi.

# Isigaba 0 — Ukukhusela Okukhawulelweyo: Funda oku kuqala.

**🚫 NGXAKI YEZOKUSHIYALWA.**

UKHULUMANI NGOKUBINGELEKA OKUNGENAKUVUMEKIWE NANGENISWA KWAYE UPHOSILE EMVA KOBUBINGELEKA OBUNGENAKUVUMEKIWE, KHANGELANI: UBUTHUPHI, UKUSHINTSHA KWENTHLIZI, ITEMPERATURE YOMTIMA EBONAKALINOKUBULALA, IMIDIBANO, UKUDABATHWA OKUNGENAMISIPILO NANGESIHLALO, OKANYE UKUTSHAYEKILEKA. OLU LUBUNGU LWEZIMPUMULO EZIMIMETIKI—INGXAKI YEZEMPILO EKHOBONI NEZIHLAHLE. FAKA U-112. INGXELO YOKUNGCA NGOKUKHULU NDEBE NGAKUMLOMO ONGENISWA, AKUKHO UKUBALULEKO KWEZINDAWO ZOKUGQIBELA.

**🚫 NGXELIYO YEZOKUNYANGEKA**

UKUSETSHENZISWA KWE-OPIOIDS NENDLUZIYO YEMPA (KUPHAKATHI KWESIMO ESIDUMILE APHEPHA ESISEBENZISA I-OPIOIDS UKUSUSA IMIMETHO), KHANGELANI UKUBHITYA OKUNCAMAYE NOKUYEKWA, AMALIPHILA AQINQE, KWANETHABA ELINGENAKUVUMA. OLU LUBUZI LWE-OPIOID OLUSEBENZILE KWAYE. YADIBISA I-NALOXONE UKUBONAKALA KWAKHO, UZE UTSHATISE 112 NGOKUQINQEKO. IMIDA ENINGI EQINISIWEYO EHULUMENDEKE NGENXA YE-3-MMC IBANDAKANYE NEZINYE IZINDAWO, KANINA NJENGEMPA NEMIDLALO EYODWA.

**⚠ NXESHEZELO**

Le ngcebiso ayinikezeli uhlelo lokunciphisa kwaye ayinikezi ulwazi malunga nexesha elifunekayo ukutshatanga, okanye nayiphi na inkqubo yokusetyenziswa kwe-3-MMC. Kuba umngeni walesi siphepha kukumathuba kunokuxhasa kwixesha elithile, kwaye akuhambelani nomgca olawulwa ngayo, akukho ndlela exabisekileyo yokunikela "ngohlelo olukhulu" lokutshatanga—nayiphi na inombolo enje ingayenza ukuba umngeni ongathathelwanisiwe

ubonakale ngendlela engalungileyo. Yinto le eyi-framework enikezelwa kwi-guide, ekunceda ukuba uphume ngokukhululekile kwisithuba esithile, kunye nokwakha inkqubo yezempilo kunye nenkxaso ezenza ukuba uceze.

# Isigaba 1 — Ngenxa yokuba oku kunjalo kuhlaziywe ngokuthi kunxibelelene nomdlalo, hhayi kuphela ngomdla.

### I-CENTURION – Inkqulelo esenza ukuba ukuqeda iseshini kube yinto enzima kakhulu.

I-plasma half-life ye-3-MMC yomile ngokuphantsi kwehora, kunye nemiphumo enokudlala kwiiminithi ezintathu ukuya kwisithiyini. Le ndlela yokusebenza yeyona nto ezenze le compound ibe yinto ethandwayo emva kokuba i-mephedrone ibangele ukutshatyalaliswa, kwaye kunjalo kanye nenye into eyenza ukuba umhlahlandulo wayo wokuyeka ube ngohlobo olwahlukileyo kunokunye kwale ncwadana. Ngokuphambene nezinye izinto ezifumayo eziphuma emzimbeni kwaye zihlala ixesha elide, amaxesha amaninzi akukho "ixesha yokuthanda idosi yakho yangokugqibeleleyo, emva koko ulinde" njengoko kunjalo. Endaweni yoku, kukho iseshini eqhubeka iphinda-phinda, nganye idosi emva kwelinye, de into ethile—ukuthanda, ukungabi nento ekwenzekayo, umhlalulelo, okanye kwiimeko ezimbi. Umngeni wezempilo—uyiphakamisa.

Yeyonto le ukuba iakhawunti enkulu kakhulu yefundo yokuyeka ukusetyenziswa kwe-3-MMC akufanele ibe ngokuphathwa kwemiba emva kokuba sekudlule. Yile ndlela yokuhlela, phambi kokuba kusenzeke, indlela esebenzayo yokuphelisa iseshini—ukwazisa abanye, ukususa into enokubangela umswakazo, kwaye yintoni eyenzekayo kwilokhwe ethile xa ufiso lokudlala ngokuphindaphindiweyo lukhulu. Isahluko 6 kunye nomyalelo wokucoca ufiso kwi-Recovery Guide ehambelaneyo zibhekana noko ngokuthe ngqo.

# Isahluzo 2 — Ixesha Lokulahlekelwa.

| Iphepha. | Iwindo eyinto ekhethekileyo. | Kunjengenzeka? |
|---|---|---|
| Ukunyamalala okukhulu. | Iiyure ezidlulileyo emva yesandi yokugqibela yendlela yokuthanda. | Ukukhululeka okunzulu, umuzwa omncane, kwaye rhoqo ukunqanyana olukhulu lokuba ufune ukuphinda uthathe—eli yithuba eliphezulu kunazo zonke lokuba into eyayingenziwanga iqhubeke esikhundleni sokuyeka. |
| Ukutsalaliswa kwexesha eliphikisayo. | Usuku loku-1 kuya kulusuku lwe-5. | Ukungqubutheka, ukukhathazeka, ukuhlaziywa kwesipumelo, utshintsho kwezinto ezidla; iimpawu zeentliziyo (ukunyuka kwentliziyo, ukwandisa kakhulu kweentliziyo) zinokuhlala imini okanye amabini emva kokutya okuninzi kwaye kufuneka ufumane unyango olunzulu ukuba zingahlali. |
| Ukuzinzisa. | Iviwekendlo 1–4. | Ukulala kunye nokuthanda ukudla kuxhomekeke kwakhawuleza. |

| Iphepha. | Iwindo eyinto ekhethekileyo. | Kunjengenzeka? |
|---|---|---|
| PAWS | Iinyanga ezili-1 ukuya kwezili-6. | Ukuba neengxaki zokuziva ezikhululekileyo kunye nomdla omkhulu, ezi zinto zivamise ukubangelwa yizinto ezifana nemibonakaliso efanayo kwiintsuku ongenele ngazo okanye abantu/amathala ahambelana nale ntsuku. |

# Isiqendu 3 — Kuthiwa Nini Ukuba Yonke Into Ibuye Yaba Ngokunjalo?

Ngezi ntathu, imilenze emincinci ingabanga ukuba iimpawu ezikhulu zibuyele kakhulu kwimihla embalini. Kwimisebenzi enkulu yokuphuza, umjikelo omkhulu wokubuyela ebuntwini ngokuqheba uya kuba phakathi kweveki ezimbili ukuya kwezintathu ngaphambi kokuba intliziyo kunye nokulala zibekwe ngokuthembekileyo, kodwa ukuba kukho amanyathelo asezantsongwaneni okubuyela ebuntwini (PAWS) onokwenzeka kwimathuba emithandathu. Ukuba kukho umgca wokusetyenziswa kwezinto ezinomthamo omkhulu (Section 6), ixesha elifuneki nayo lixhomekeke kukungabi nasenkingeni ngale nto—ukuyilapha i-3-MMC ngokodwa xa ibanga nje ingxenye yenye into enkulu kungathatha ixesha elide ukubuyela ebuntwini ngokupheleleyo.

**KUZWA.**

Ukuba uyekile kwaye imihla embalwa yokuqala ibingabonakalisanga ukuba yayiza kuba ngcono njengoko ubilindele, oku kuyinto eyayingalindelekwa malunga nendlela i-stimulant esebenzayo kumgca wemithi ongasetyhenziswa rhoqo. Akuyona inkxaso yokuba oku akusebenzi. Yile "crash" ekhatshiweyo kwi-mechanism ekhankanyisiwe kwiSection 1.

# Isahluzo 4 — Yintoni Okungenzeka Uthile Ukuba Uyithathe.

- Ukutshintsho okukhulu kunokuba kuncane, kwaye kungenzeka ngokukhawuleza – okuvumelana naloo nto ukuba i-3-MMC iyathatha ixesha elifikelelweyo ukuphuma umzimba.
- Umfuno ongapheliyo wokutshisa ithempi emva kweeyure ezimbalwa ukuba uyekile, oqinile ngakumbi kunomfuno omncinci kwaye ongqongqo owenziweyo yizinto ezinokusebenza ngokulamkama.
- Imiyezo yezifo zentliziyo emva kokusetyenziswa kwezinto ezinobuthi kakhulu (intliziyo esheshayo, ukudumba kwentliziyo) enokuhlala imihla neminyaka emva kokuba le nto isusiwe – thata oku kunye nommeli wezokwelapha endaweni yokucinga ukuba iya kuyahlazeka ngokwayo.
- Ukuba ukusetyenziswa kweenyawo ezininzi okanye i-"chemsex" yingxenye yesenzo, ukunyanzela kwi-3-MMC kungathi kusondelane nomnyombo okanye imiphumiso evela kwenye into esetyenzisiwe kwisithuba esifanayo.

# Isigaba 5 — Ukubambisana kweGenetika.

| Igene / Uhlobo | Ukubalulekileyo kokuphumiswa. |
|---|---|

| | |
|---|---|
| DRD2 (Taq1A) | Abaxhulelweyo ye-A1 kunokuba ngabantu abanokuphila ubunzima bomva kwiindlela zokusetyenziswa, ngenxa yobushushu obuncinane bemigubo eyomileyo ekuqaleni ekuxutyushweni kwe-3-MMC, echaze ukuhlala kwexesha elifumene. |
| COMT (Val158Met) | Kulawula ipatheni yokutsalwa kwe-dopamine kwaye luyenza ukuba inkqubo yendlela ezayo emva kokubuyela kwakhazimla ibonelele ntoni—bheka iGidi yokuPhucuka, isahluko 6. |
| MAOA (uVNTR) | Ivelokhini yokuphuculwa kwe-monoamine ingabonakalisa ukuba ngaba ukuguquka kuleyo iveli kungathatha ixesha elingakanani emva kokupheliswa kwentambo. |

# Isigaba 6 — Ukusetyenziswa kweemithi ezininzi kunye neCandelo le-Chemsex.

Ukusebenzisa i-3-MMC kungeqanga luhamba ngokwecane. Ukwazi ukuba yintoni enye ehambelana naloo nto kutshintsha into ekufuneka uyenze ukuze uyeke ukuyisebenzisa ngendlela ephephileyo.

## 6.1 — I-opioids ('Speedballing')

**⚠ NGXELIYO YEZOKUZONDA.**

IZIFO EZIYILWAQO ZOMBINI EBINGENISWE KWI-3-MMC EZIBANDAKANYE NABANINZI EBANGISELE UKUFA ZAZIHLANGANISIWE NEZINYE IZINTO—KADE, OBYAWO. UKUDUBULA OKUNYE NGESIMULANTI NOPHOYO LUKHABA AMAMAKI EZIPHUMA ZOMPHATHI KUMBONI ONJE—IMIPHUMA YESIMULANTI INGAHLANGANISA IMIBUZO YOBUTHUPHI EBANGENISWA UKUDUBULA KWE-OPIOID KUZE KUFUNEKE. UKUSEBENZISA OKUJOLILE, NALOXONE, UNGENZI NAWO, FUTHI PHATHELA OLU NGOKUQINISEKILE NJENGOMTHAMO ONEMBUZO ESIHLUNGULELWENI SONKE.

## 6.2 — I-GHB kunye ne-Methamphetamine (Iindlela zokuSebenzisa iDrayogi kwaye Ubuluntu)

I-3-MMC isetyenziswa rhoqo kunye ne-GHB kwaye/okanye i-methamphetamine kwezinto ezibizwa ngokuba zii-"chemsex". Yimveliso nganye eyongezelelwe enobunzima obuqhelekileyo kwi-withdrawal kunye nomkhakha wokukhusela, nto leyo engaxutyushulwe kulolu hla. Ukuba oku kubhaliwe kumgca wakho, funda iMigidi ye-Recovery Kernel ephantshetshwayo malunga nokuyeka i-Methamphetamine ne-GHB kule nkqubo, kunye naloo ngokuphinda—ikakhulu i-GHB ibonakalise ingozi yokuphuma (efana namatyala), ekufuneka ifundwe ngokucwangcisiwe kwiingcebiso zokukhusela zezempilo, ezifumanekayo kwiSahluko 0 kolu hla.

## 6.3 — Ukusetyenziswa kweenyawo (ukudla).

Ukuba i-3-MMC isetyenzisiwe ngokutshiza, ukuyeka kufuneka kubandakanywe nguhlelo lokuhloliswa kwezifo ezisondweni (i-HIV, ihepatitis C) kunye nokuhlaziywa kwendawo yokutshiza, kungakhathaliseki ukuba indlela isetyenziso seso sisixhobo singahlaziywa kangakanani. Iziko zempilo ezikhethekile kwiindlela zokusebenzisa izinto eziyingozi kunye neendawo zokutshintsha iintambo kwimigidi emikhulu ininzi zinikeza oku

ngokuyimfihlo kwaye zingumgca wokuqala olungcono, ngaphandle kokuba kufuneke kuqalwe ukulungelelanisa indlela yokusebenzisa izinto eziyingozi.

### 6.4 — Izifo ezikhoyo eziphathekayo okanye izifo zengqondo.

**⚠ NXENJELELA**

Uluntu olwenye okanye umlingo womntu onobukhenketho bezifo zentliziyo, ingcinga ephezulu, ukungathathi hlazo, okanye isifo selizwi, luyahlala luphinda ubungozi kakhulu kwaye lubaluleke ngokuqheba i-3-MMC, ngenxa yempembelelo yayo entliziyweni kunye nomoya. Ukuba oku kukufanele, xesha uyafumanisa ngalo yonke idokotela enakekelo lwakho—kuyathinta ubungangamiselweyo bokuyeka kwaye nendlela yokulaleliswa kwezempilo ngexesha lentlupheko.

## Isigaba 7 — Sebenzisa Ukuhlukahluka Kwemitheyitha.

| Ikhasi. | Iphethini. | Le ngcebiso ethile leyo. |
|---|---|---|
| 1 — Ukuphononong a. | Ukusetyenziswa okumbalwa okanye ezimbini, idosi eyodwa, akukho ipatheni yokuthanda. | Icandelo leencwadi zokulungiswa kobomi kule Ncwadi YoTyalo Lwempilo luvumile ngokubanzi; nxibezele kumdokotela ukuba kukho nayiphi na into ebalekisayo engqinelweni yentliziyo. |
| 2 — Ukusetyenzis wa kwezinto ezinomdla ngamanye amaxesha. | Ukusetyenziswa ngamanye amaxesha, ngokubanzi kuncithelwe ukudibanisa. | Ukuba kunokuxutywe kwezinto ezininzi, yile ngenye yeengxenye zepatheni. |
| 3 — Indlela yokutya engenamandl a ngokweengx enye. | Iintsuku zokuphumla ezibandakanya ukusetyenziswa kwezinto ezinamandla ngokuqheba kwaye ngexesha elide, ezikhawuleza. | Ulwimi lomdokotela luyacetyiswa, ikakhokelele uhlobo lokuhlaziyo lwempilo yentliziyo ngenxa yokukhuluphala okubangelwe kukudla kakhulu. |
| 4 — Ukusetyenzis wa kwezinto ezi manyi rhoqo/ukuset yenziswa kwezinto ezi manyi ngezixhobo/u kulazwa kwezigebhe. | Ukutya okuninzi ngokuphindaphindiweyo, ezinye izikhathi kunokusetyenziswa kwe-GHB, i-methamphetamine, i-opioids, okanye ukusetyenziswa ngokutyolwa. | Ukukhutshwa kweengcali zonyango kunconywe kakhulu; xhasa yonke into efana nemichiza emininzi, hleli nje nge-3-MMC—bheka iSahluko 6. |

# Isigaba 8 — Iprotocolo Yokuhlaziswa Kwengcinezelo Yezempilo.

Akukho umthomo ogunyazwe yi-FDA (umanyano lwezinto eziqandiswayo) ukusetyenziswa kwi-3-MMC okanye ekubuyiseleni kweminye imithotho eyenziwe synthetiki. Akukho neprotocol esemthethweni yokucoca umzimba efanelekile kule nto ethile. Kuba iimitha zentliziyo zinokuphathwa ngobunzima ngexesha lokusetyenziswa kwezinto ezinomdla, ukuhlaziywa kwentliziyo kuyindlela entle yokuqalisa, nokuba kungaphezulu kokubhekana nomxube wokusetyenziswa kwezinto. Oku kusekwe ngokukhethekileyo nangona kunjalo, ukuba kukho izimpumulo, ubuhlungu obukhoyo kwindawo engasemgodini, okanye umthamo omtsha wentliziyo ngexesha lokusetyenziswa kwezinto ezinomdla.

**⚠ NXENJELELWE**

Le ngcebiso ayizukuhamba kwiidosi ezithile zokunciphisa, okanye iindlela zokuphinda udosi kunye nokuncipha, okanye imiyalelo yokusetyenziswa kwe-3-MMC, okanye nayiphi na imithi esetyenzyelwe ukulawula ukuyekiswa kwayo. Umdokotela osebenzisa iiphando zakho zokusebenzisa, ubungakanani bezinto ezinomdla, kunye nayo yonke into oyisebenzisayo nganye yile ndlela elungileyo yokufumana le nkqubo enembeko.

**Yintoni onokuza nayo kule ndibungcali:**

- Inkqulelo ebonakalayo malunga nomjikelo oyingxamisekileyo, ubungakanani bokutshabalalisa, kunye nedidi yokufakelwa.
- Nazi zinto ezisetyenziswa kunye nayo, ngakumbi i-opioids, ezinye izinto ezikhuthazayo, i-GHB, okanye utywala.
- Yeyiphi nayiphi imiba yezifo zentliziyo eyayibonakala ngexesha okanye emva kwezinto ezinkulu zokutya, nokuba zezona eziye zahamba ngokwazo?
- Ukuba ukusetyenziswa kwezitya zokutshiza kuyinxalenye yendlela, ukuze kuhlalutywe ukuba nawo nawaphi na amanyango e-BBV.

# Isigaba 9 — Iprotocolo Yokubuyela Kwempilo (Emva kweNgxaki).

Le yisahluzo esiqala emva kokuba nayiphi na into ekhokelela kwiingxaki zempilo ezinkulu (iSahluko 0) ibekwe.

## Tier 1 — Ibhokisi yobuzalo.

- I-5-MTHF (ifoldi omsebenzisiweyo) - inceda ukukhiqizwa kwezinto ezithintela izinkqubo zengqondo, kwaye le nkqubo idinga i-methylation.
- UMagnesium glycinate – unceda ukulala kunye nokubuyela kwempilo yentliziyo emva kokuba neengxaki ngenxa yokutya okuninzi.
- I-Omega-3 (i-EPA/i-DHA) — incedo lokuxhasa ukunciphisa ukutshabalalisa kwengqondo kunye nokukhusela ingqalelo yentliziyo, kwaye ineeprophi zokuphepha ezilungileyo.
- Ukuhlala uphilile kwaye unikezelwe ngamanye amanye amanzi kunye ne-electrolyte kwimihla yokuqala—ezininzi izinto ezityisiweyo zibandakanya ukuntlontlonteyo, nto leyo eyenza umdaka ukhule kwaye ibangele ingxaki kweentliziyo.

### Ikhasi lesi-2 — Inkxaso Yezempilo

Uphando lwezifo zengqalelo ukuba kukho izimpumulo ezibonakalisiwe ngexesha lemiqulu. Izinqubomgomo zokutshabalalisa (bupropion, NAC, okanye ezinye ezisetyenziswa ngezinye iindlela) kufuneka kuxoxwe nomdokotela kwiSahluko 8, kuhlaziywe ngokwendlela yakho kunye nayo nayiphi na into oyisebenzisayo.

### Tier 3 — Ukulawula Inkqubo yeZemvele kunye Noluhlu Olutsha lweNdalo.

- Ukususisa okanye ukunciphisa ulwelo lokufikelela kumveliso luyinto enomthetho omkhulu apha, ngoba kunokuba lunxibelelene ngokuthe ngqo kwaye lubaluleke ekubuyiseni kwakhona umveliso oluchazwe kwiSahluko 1.
- Ukuphefumula rhoqo kwemihla ngamnye kunye nokuzivocavoca okomileyo – kuxhasa ukubuyela kwesimo sendlebe ye-dopamine kunye nokuqiniswa kwesisu esipheleleyo emva kokuba umzimba ubilumkile.
- Ukuhlela ngokukhethekile iindawo apho zenzeke khona ii-binge—ii-apps ze-chemsex, iziko ezithile, nabaxhasi abathile—ngenguquko eqinileyo, hhayi nje imicelo.

## Isahluzo 10 — Ukufundisa Kwakhona Ngeengxaki Eziphuthumayo.

**⚠ NGXELIYO YEZOKUZONDA.**

Hamba kwisibhedlela esinomdla ngoko nangoko ukuba: ubuhlungu ebusweni, ukuthamba okukhulu okanye ukwenza umthambo ongavumile, ithubi eliphezulu kangangokuba liyingozi, ukugqobhoza, ukungathandabuzwa okunzulu okanye ukuba ungazukumi—ngexesha lokusetyenziswa kwezinto ezinobutshushube okanye iiyure emva koko. UKUBA IZINTO EZIBUTSHUBHULWENI ZISETYENZISWA: ukuphefumlela okuncamile okanye ekuyekile, imibala ebomvu kumilefu okanye kwiingqalamba, ukungaphenduli—sebenzisa i-Naloxone ukuba ifumaneka kwaye uthandaze u-112. Ukuba unentliziyo ephantsi, ubushushu, kunye nokulaliswa okungavamile nangokungabonakali kwento enye oyintathu, oku kuyinto eyayilindelewe ngokuhambelana nesikhathi esiboniswe kwiSahluko 2, kwaye ukuxhumana nomdokotela ngosuku olufanayo kufanelekile kodwa akuyona into ekudinga ukuya kwisibhedlela esinomdla.

## Isahluzo esiphelele semigomo yeprothokholi.

| Ukuba oku kukufanele. | Ndifile. |
|---|---|
| Ibhayoloji kunye nobuhlebongebezwe bokubuyela kwisimo esipheleleyo kwi-3-MMC. | Recovery Kernel — Indlela yokululama kwi-3-MMC (umhlaluthi oluphakamileyo). |
| Ukusetyenziswa ngokuhlangana kwe-methamphetamine. | Recovery Kernel – Umkhuba wokuyeka: i-Methamphetamine. |
| Ukuxutywa kwe-GHB / i-GBL / i-1,4-BD. | Recovery Kernel — Umkhuba wokuyeka: i-GHB. |
| Ukusebenzisa i-opioids ndawonye. | Recovery Kernel — Umkhuba |

| Ukuba oku kukufanele. | Ndifile. |
|---|---|
| | wokuyeka: I-opioids. |
| I-cathinone eyenziwe synthetically ibandakanya iintlobo ezininzi zeziposi ezinokuba neempembelelo ezahlukeneyo. Ezi ziposi zingabonakala kwiitikitji, amabhokisi, okanye ngamanye amaxesha zifihlwe kwimveliso yebhola.<br><br>Ngequmrhu, i-cathinone eyenziwe synthetically ingaba neempembelelo ezilandelayo:<br><br>* Ubuluntu<br>* Ukukhanya<br>* Ukwenza umsebenzi<br>* Ukuziva ngobubele<br>* Ukuba nomdla<br>* Ukuthanda<br>* Ukulala<br>* Ukuntsabaliswa<br>* Ukuntliziyo esele<br>* Ukungcola<br><br>Nangona kunjenge, kubalulekile ukukhumbula ukuba iimpembelelo ze-cathinone eyenziwe synthetically zingahluka kakhulu kwiye nganye into. Ezinye iziposi zinokubanga impembelelo enzulu, ngelixa ezinye zinokubanga impembelelo encinane. Kwakhona, iimpembelelo ze-cathinone eyenziwe synthetically zingahluka ngokuxhomekeka kumntu, umthamo, kunye neendawo yokusetyenziswa.<br><br>Kubalulekile ukuba uqaphele ukuba ukusetyenziswa kwe-cathinone eyenziwe synthetically kunokuba neengxaki ezinkulu. Ezi ziposi zinokuba neempembelelo ezinobungozi, kwaye zingabonakalisa ukuxhomeke, ukuthanda, kunye namalungelo oluntu. Ukusetyenziswa kwe-cathinone eyenziwe synthetically nakho kunokubangela iingxaki zengqondo, njengentsabiswa, ukuphazamiseka kokulala, kunye neenhliziyo ezibuthwini.<br><br>Ukuba uyayikhathalaza ukusetyenziswa kwe-cathinone eyenziwe synthetically, ngumhla ubuze ugxabhashe. | Recovery Kernel — Umhlathi-mlawuli wezinto ezintle kwaye ezinobuso olutsha. |
| Ukulungisa ukuhlala. | Incwadi Esikhulu – Iprotocoli 09, Ubume bomdla. |
| Ukusetyenziswa kwakhona kweendlela / ukunciphisa ulwazi. | Incwadi Esikhulu – Iprotocoli 05 |

# Isahluzo 12 — Ukugqiba.

**ISANGO.**

Into engenakwenzeka ukuyecala kwi-3-MMC akukho ngokuphazamiseka okude kunye nokunzulu—kukuba leli drayi lwakhelwe ukwenza ukuba "enye" ibe yisiseto esilula kakhulu ehlabeni, kaninzi kangaka, imizuzu emininzi. Ukuziqaphela oku njengendlela yokusebenza, hhayi njengengxaki yabantu, kukubalulekileyo. Okanye ngokuphindaphindiweyo yinto efane nelithi iSahluko 6 neSahluko 9: ukufumana yonke inkcazelo phambi komdokotela, utshintsho kulokho okunengcekelo, kwaye uyakha ubomi olunemivuzo yakho eyakudala, engokoqobo—into i-3-MMC ehamba ngayo kuphela.

UKUQESHANA KWESIHLOKO—IPROTOCOL YOKUYEKISA: I-3-MMC.

Icandelo lokuNciphisa Umthetho—Ayiloncedo Lwezokwelapha—Akuyona nto esikhokelayo kwiinkonzo zokusindiswa.

Crisis Resources: 988 (Suicide & Crisis Lifeline, call or text) | Crisis Text: HOME to 741741 | SAMHSA: 1-800-662-4357